

# Get Treatment. There is Hope.

**You are not alone.  
The following  
resources can help  
you find substance  
abuse treatment,  
prevention services,  
and information.**

*Produced by GEOVISION for:*



## ***Massachusetts Substance Abuse Information and Education Helpline***

- Free and confidential information and referrals to public and private treatment programs
- Health insurance may not be required
- Translation available in 140 languages

***(Toll free) 1-800-327-5050***

***Staffed 7 days a week***

***TTY: 1-888-448-8321***

***www.helpline-online.com***

## ***Boston Public Health Commission AHOPE***

- Recorded information on how to prevent, recognize, and respond to an opioid overdose.

***(Toll free) 1-800-383-2437***

***www.bphc.org and search for AHOPE***

## ***Massachusetts Overdose Prevention Resources***

- Free and confidential training on preventing, recognizing, and responding to overdose. Training includes rescue breathing and how to use Narcan.
- Nasal Narcan is available free of charge statewide
- For more information and to find a Narcan site near you call:

***(Toll free) 1-800-327-5050***

***Help is available in over 140 languages***

***TTY: 1-888-488-8321***

***www.helpline-online.com***

## ***Massachusetts Health Promotion Clearinghouse***

- Downloadable and print resources on prevention and treatment.

***(Toll free) 1-800-952-6637***

***TTY: 1-617-536-5872***

***www.maclearinghouse.com***

more  
information  
on other  
side

Know the Signs of Overdose

# Save a Life

Call 9-1-1

## 1 Know the Signs of Overdose. Save a Life.

Signs of opioid overdose may include:

- Person won't wake up
- No response to yelling
- Clammy, cool skin
- Blue lips or fingernails
- Shallow, slow breathing
- Pinpoint pupils
- Slow pulse or heart rate
- Seizures or convulsions
- No response to knuckles being rubbed hard on breastbone

(Opioids include: heroin, OxyContin, methadone, morphine, Percocet, fentanyl, Vicodin, etc.)

## 2 Call 9-1-1. An Overdose Is a Medical Emergency.

An opioid overdose can cause coma or death within a short time. A medication called Narcan can reverse an overdose and save a life.

When you call 9-1-1:

- Give the address
- Tell them it's an overdose so they can bring Narcan or say, "My friend is not breathing."
- Stay with the person

While you wait for the ambulance:

- Place the person on his or her side
- Do not induce vomiting
- Check to see if the person is breathing
- Check wrist for pulse

Tell the ambulance staff anything you can about any alcohol or drugs the person has taken. If you cannot stay, leave a note with the information.

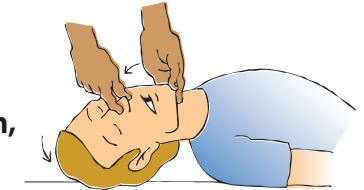
more  
information  
on other  
side

## 3 Do Rescue Breathing if the person is not breathing.

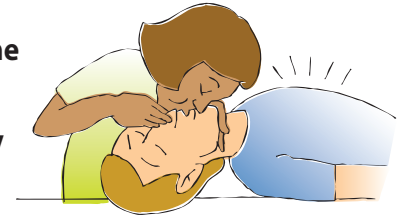
1 Make sure nothing is in the mouth.



2 Tilt head back, lift chin, pinch nose.



3 Breathe in mouth once every 5 seconds.



Know the Signs of Overdose  
*Keep this card with you at all times*

